

10 COPING STRATEGIES When Dealing With Major Disappointments In Life

ACKNOWLEDGE YOUR FEELINGS

Deal with the issue head-on. Don't be afraid to be honest with yourself and with others about how you're feeling about the situation at hand.

GET PERSPECTIVE

Even the smallest disappointment can seem massive at first. Once you express your anger, frustration, and hurt you can take a step back and see the big picture. This helps you find solutions and deal with the challenge head on.

ADJUST

Sometimes there are solutions to be found or compromises to make when you are faced with disappointment. You can take time to reassess and if necessary, make adjustments. When you face disappointment it's easy to lose your mind.

SOCIAL SUPPORT

Your network of friends and family will play an important role in overcoming the emotions and stress that come from major disappointments.

MANAGING YOUR SOCIAL INTERACTIONS

While social support is important, it's just as important to set boundaries and choose your people selectively and choose those who are supportive and really listen.

JOURNAL

Disappointment breeds distress and one of the best ways to get it all out of your system is writing it out.

STRESS MANAGEMENT

Stress and anxiety exacerbate disappointment so you have to find your sweet spot when it comes to getting relief quickly.

ADDRESS YOUR MINDSET

You can start your day off right by listing all of the incredible things in your life. Gratitude will help you rewire your brain to seek out positivity and focus on that.

RELAXATION TECHNIQUES

Deep breathing ♦ Yoga ♦ Guided imagery
Meditation ♦ Mindfulness ♦ Body scanning
Massage ♦ Playing music ♦ Relaxation and rest
Bubble baths ♦ Reading

KNOW YOUR HEART

Disappointment can ripple through you and strike you to your core. If you aren't aligned with your core values, then there's a good chance you don't have the framework needed to manage it.